

HOW TO SPEND AN HOUR IN PRAYER



A Guide for Personal
and Community Prayer

*Jesus went out to the mountain to pray; and he spent
the night in prayer to God. Luke 6: 12*

**Anglican
Fellowship of
Prayer (Canada)**

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The following pattern of prayer is a guide for those beginning a daily practice of prayer and find it difficult to become focused, a helpful guide to those with a well established prayer life, and a guide to those who are making a commitment to a Prayer Vigil.

Note: A Vigil is devotional watching: spending a specific time in prayer for a meeting, a conference, a person, a particular personal or world situation.

This "rhythm of prayer" will be helpful for shorter periods as well.

Divide your time into five parts. They don't have to be equal. In fact, you will probably discover that you will want to spend more time in one area depending on the circumstances; e.g. probably intercession if a vigil has been called mainly for that purpose.

The following is an adaptation of the *Five Facets of Prayer* outlined in the *PERSONAL PRAYER NOTEBOOK* published by the *Anglican Fellowship of Prayer*.

The *Five Facets of Prayer* can be remembered by this sentence: "As the Christian I pray".

As	ADORATION -Praise for God and His love.
The	THANKSGIVING for our blessings.
Christian	CONFESSION of our sins and burdens.
I	INTERCESSION -Praying for others.
Pray	PETITION -Praying for ourselves.

BUT FIRST, WAIT ON THE LORD

Spend the first few minutes settling down - mentally laying aside the activities and concerns of the day to spend this time in the presence of God. *When you find yourself distracted by the "busyness" of life, return to your prayer of Adoration and Thanksgiving.*

Read Psalm 139. Meditate on the glorious reality of God's presence in all the universe. Realize that God is already listening, waiting and seeking for you.



DORATION, Praise for God and God's Love

Worship the Lord with gladness; come into his presence with singing. Psalm 100:2 (NRSV)

Start by reading one of these *Psalms of Praise*: 34, 95, 96,98, 100,145-150. Let the psalm become a prayer of adoration coming from your heart.

God inhabits the praises of God's people."

Read, as a prayer, one of the canticles from the Book of Common Prayer (BCP) on pages 6-9, 21; or in the Book of Alternative Services (BAS) on pages 75 to 95.



**PRaise AND
THANKSGIVING**



HANKSGIVING, for all the Blessings of Life.

*It is good to give thanks to the Lord,
to sing praises to Your name, O Most High.
Psalm 92. 1 (NRSV)*

Thank God for your family, friends, faith, health, home, spiritual gifts, nature and beauty, vocation, hobbies, and all the other things that come to mind once you get started.

Thank God for your salvation through Jesus' life, death and resurrection on your behalf.

Thank God for your parish, your priest, something seen recently of God's blessing in your congregation or someone to whom you've been ministering.

Thank God for your Bishops Priests, Deacons and all those engaged in Lay Leadership.

Pray the General Thanksgiving found in the B.C.P. on page 14; or in the B.A.S., page 129. Follow with the prayer:

Thank you, Lord, for all that you have done for me. You care more for me than I do for myself. I am precious in your sight, and you do for me much more than I can comprehend. All I have to give in return is my gratitude through Jesus Christ our Lord and that I freely give to you. Amen.



ONFESSION Of Our Sins And Burdens

Read Psalm 51 noticing that David, in his sorrow for his sins, also recognizes God's mercy. If we confess our sins, God is faithful and just to forgive us and cleanse us from all unrighteousness. We then are called go and forgive others.



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I confess to Almighty God that I have sinned in thought, word and deed, in things done and left undone, and especially _____ . For these and all sins that separate me from You and other's, I am truly sorry. Forgive me. With Your help I shall amend my life through Jesus Christ our Lord. Amen.

Merciful Lord, grant to Your faithful people pardon and peace, that we may be cleansed from all our sins and serve You with a quiet mind; through Jesus Christ our Lord, who is alive and reigns with You and the Holy Spirit, one God, now and for ever. Amen (B.A.S. p 353)



INTERCESSION, Praying For Others

PRAY FOR:

Those in any kind of need: those known to us, refugees, the homeless, those in prison, and victims of war, etc.:

The departed and the bereaved;

The church in the world; your priest, bishop(s), those serving in places of danger, hardship, isolation, loneliness;

The world, your country, province and community;

The Queen, government leaders (i.e. the Prime Minister and Cabinet, Members of Parliament, the Premiers and members of provincial legislatures), and all in authority.

USE:

The Anglican, Diocesan and/or Parish Cycle of Prayer; the prayers on pages 39-610 of the BCP, or pages 675-684 of the BAS, or any leaflet, or specific prayer request that may have been prepared for a Vigil.

PRAYER, Praying For Ourselves

Pray for your desire to have your will in harmony with God's will in all areas of your life. Share your feelings with God. Ask for what you need.

Conclusion: You may wish to close with any or all of the following prayers.

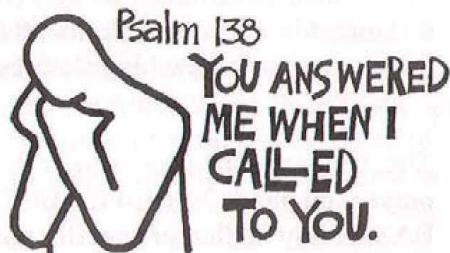
As we rejoice in the gift of this day, so may the light of Your presence, O God, set our hearts on fire with love for You; now and for ever. Amen

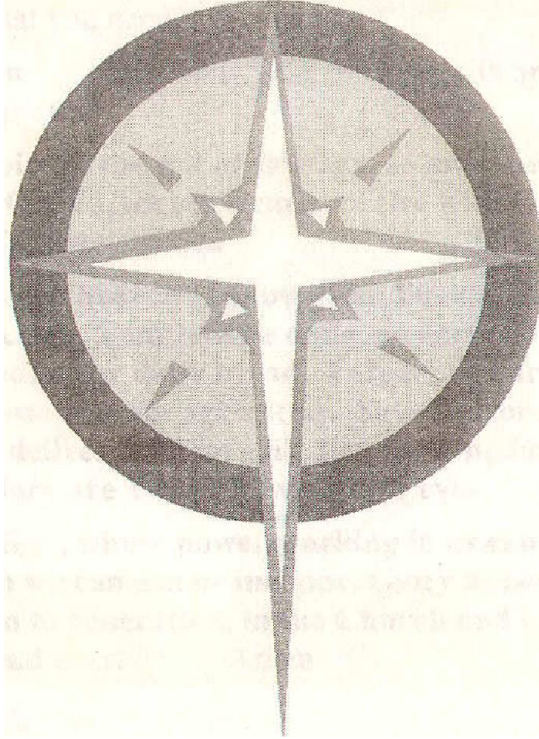
Our Father in heaven, hallowed be Your name, Your kingdom come, Your will be done, on earth as in heaven. Give us today our daily bread. Forgive us our sins as we forgive those who sin against us. Save us from the time of trial, and deliver us from evil. For the kingdom, the power, and the glory are Yours, now and for ever. Amen

Glory to God, whose power working in us can do infinitely more than we can ask or imagine. Glory to God from generation to generation, in the Church and in Christ Jesus, for ever and ever. Amen

RESOURCES

- ✘ The Book of Common Prayer and the Book of Alternate Services
- ✘ The Psalms - In the BCP, beginning on page 331; the BAS, beginning on page 705; or in your Bible.
- ✘ Vigil Intercessions may be provided by the person or group that called for a vigil.





For further information or pamphlets please contact your Diocesan Prayer Representative or the Resources Representative for A,F .P. Canada.

Internet Web Site: www.anglicanprayer.org

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